

# theDagligtale

Augustana's Student Newspaper

February 25, 2015

## Augustana

P.6



### No Logo on Grad Rings

U of A disallows the use of its logo on graduation rings.

## Profile

P.6



### Amy Guerber

Meet Amy Guerber, Augustana's new Management professor.

## Health

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### Mental Health at the U of A

New study finds mental illness is more common then you may think among University of Alberta students.



#### Fred Penner at the Lougheed Centre

Michael Wieler (right) and Dagligtale photographer Amy Avedeoff (left) pose with Fred Penner after his performance at the Lougheed Performing Arts Centre.

Photo: AMY AVDEOFF

## Why I Resigned the ASA Presidency

The Dagligtale in conversation with former ASA president Hans Asfeldt

By CAMERON RAYNOR

On Feb. 12, the official resignation of President Hans Asfeldt was announced by the Augustana Students' Association. The Dagligtale caught up with Asfeldt to discuss his decision, his take on the recent controversies surrounding the ASA, and what's next moving forward. Why did you make the decision to resign from your position as ASA president?

I had little choice but to step down given a firm expectation that I should represent ASA activities without expressing my concerns. The entertainment choice for Winter Formal was never discussed at Council and my attempts to initiate conversation on the matter were dismissed repeatedly. To the best of my ability, I acted in what I dis-

cerned to be the best interests of the ASA, but Council was moving in a direction that clearly reflected a loss of confidence in my leadership and I chose to respect that. What role did the ASA's decision to hire burlesque dancers for the entertainment at formal play in your decision?

It was not a determining factor. I have been open about the fact that I do not support the choice of entertainment, but I was prepared to work with an organization that was willing to acknowledge concerns and engage conversation. Unfortunately, this was not the case; however, I remain hopeful as I am told that Council has resolved to host a discussion on the matter in the near future. Shortly before your resignation, you sent an email out to faculty that many

members of ASA student council called inappropriate. Do you still think sending that email was the right decision?

I can understand Council's frustration – they felt unconsulted, betrayed, and frankly, thrown under the bus by their own leader. But yes, it was the right decision. Firstly, growing controversy threatened the ASA and we had an obligation to respond to concerns. I had been approached by students, faculty, Camroons, and the media very possibly next on the list. We could not stand by passively and allow public discourse to dictate our position and our future. Secondly, it was my view that the entertainment was irresponsible and oppressive. Having exhausted other

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# FROM THE EDITORS

## The Real Problem with Tuition Increases



CAMERON RAYNOR  
EDITOR IN CHIEF

Life may be about to get a lot tougher for students already struggling to afford university. With the cheap price of oil hurting government coffers, further cuts may be coming to Alberta universities. In December, the Alberta Government approved market modifiers that increased tuition to several University of Alberta programs. Market modifiers could be just the start; if more cuts come to Alberta universities this year, tuition increases will not be out of the question. But the real question is, who cares?

University students are now supported more than ever by family and less and less afforded by tuition increases.

Most students today receive significant financial support from their families, whether it's an RESP or otherwise. The cafés you'll find on campuses are Starbucks for students with money to spend, not cheap coffee shops for students on a tight budget. The majority of students have some spending money; many have the luxury of owning a car. Clearly, the typical university student isn't scraping by, but that doesn't mean nobody is. Tuition increases still hurt an invisible, yet very real, group of students.

There certainly are still students who worry about where next month's rent will come from, how they'll afford their text-

books, and whether or not they can afford to go out with friends. For these students, a rise in tuition is a big deal, possibly even a barrier to getting a degree they otherwise would be more than capable of earning.

But these students are the minority and invisible to the majority. When the University of Alberta Students' Union organized a rally against education cuts, barely anyone showed up. No one cared. Higher education is increasingly becoming a luxury for those born into families of means.

**"Only students from well-off families can afford the education they need to become well-off themselves."**

If post-secondary education is cut further in the future, and it very well may, what will we do? Will we choose to decrease the services and programming students currently enjoy? Or will we choose to increase tuition to maintain the status quo, yet hurt the students that struggle the most? Sadly, the students who are struggling to make it financially, and have arguably overcome the most to get where they are, will be hurt the most.

And not only are student loans not

the answer, in fact, when they're truly needed they aren't even an option.

When a student applies to the government for student loans, they are approved for a certain amount based on their families' income and the cost of their education. If the student gets a part-time job to help pay tuition, they increase their income and receive a smaller loan.

The problem is, if students don't get approved for enough funds initially to pay their expenses, they have no way to afford education because they are penalized for earning their own income. University is too expensive for students to afford without a loan, but the more a student works, the fewer loans they receive.

This dependence on family support is part of the reason "The Economist" has called higher education the new American aristocracy. Only students from well-off families can afford the education they need to become well-off themselves.

The entire student loan system is based on the premise that families will pay at least some portion of their children's education cost. The self-driven, unsupported student is completely left out to dry.

When the government increases tuition our society is creating a system in which education a luxury for children of supportive parents, and inaccessible otherwise. While high tuition may be only an inconvenience to most students, students who are struggling matter too.

being conscious of the choices you make can keep you out of many dangerous situations. However, it is equally important to recognize many people have integrity and we live in strong communities. I wonder if my younger years trained me to be too suspicious of those around me, and caused me to live with unnecessary fear. Is the fear and acute awareness perpetuating a lack of trust in our communities? Do we know our neighbors? Do we care, or see knowing them to be worthwhile?

Unfortunately, I don't have a great answer to these questions. Frankly, I still struggle with what the balance between awareness and trust looks like. I don't want to have a daughter who feels like I did growing up - that people were not to be trusted and someone was likely to spring out at any moment with knife in hand. But I want her to be aware of the dangers as well.

So, I would like to pose a few questions to you: Do you trust other people? Are you aware of your surroundings? And lastly, how can we work towards a more trusting, less fearful society without endangering ourselves?

not learn otherwise until after publication. The online version has been corrected.

## FORMAL IGNITES DEBATE WITHIN ASA

In the article printed in the Feb. 11 Dagligtale article "Formal Ignites Debate Within ASA", it was incorrectly stated it was councils decision to

hire Burlesque dancers. The decision was made by the Activities Committee.

The ASA did, however, discuss the attire of the dancers at the Jan. 21 council meeting.

## CORRECTIONS

### Feb. 11 Cover Photo

In the Feb. 11 print edition of the Dagligtale, the cover photo was incorrectly labelled. The photo on the cover is of Ballet Camrose at Winter Formal, not River City Review.

The Dagligtale received the photo under the impression it depicted the River City Review Burlesque group and did

### Cover Image Credits

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Amy Gruber  
Photo: The University of Alberta

### Mental Health at the U of A

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# ASA Spring Election: Meet the Candidates

By CAMERON RAYNOR  
& IAN ANDERSON

On March 4 and 5, Augustana students will cast their ballots to elect next year's ASA student council and executive council. The Dagdigite caught up with each of the candidates to talk about their platform.

Stephanie Gruhike  
President



Why did you decide to run for ASA President?

One of the deciding factors was

I feel I have the skills and background needed. I've spent the last 2 years building relationships with SU, and not just the executive and councilors, but also the staff members. I think these are the connections that'll help from that side. In addition, a lot of the problems the ASA's facing right now have to do with their policy and bylaw interpretations and I want to change them so there is a clear procedure when issues arise. When I first started at Augustana being on ASA was fun. I think that that's been lost in the past couple years and people need to see the ASA as something that is enjoyable to be a part of. What are the key issues you wish to address as an ASA executive?

There are a lot of issues within the ASA right now that need to be resolved to make it more appealing to students, and more relatable. My main goal is to want to make people want to be on council.

There needs to be a return to stability. The ASA has done a great job this year of getting lots of programming to happen despite the fact they're walking a fine line and there is a lot of internal instability. However, this isn't a long term solution. The ASA could be more effective if there was internal stability.

I want to make sure committees and executive council are used to their full potential so issues that don't need to come to council don't come to council. Councilors shouldn't have to sit through 3 hour council meetings; that's something that discourages people from getting involved. What do you think of the fact that only 7 candidates are running for 16 available positions?

I believe a true test of a student's associations success in connection with the student body comes during elections. The fact that there are candidates running uncontested is a sign next year's ASA needs to work harder at engaging students and showing the ASA can be fun, exciting, and rewarding

Sam Kohlmann  
VP Student Life



Why did you decide to run for VP Student Life?

I want to create a culture at Augustana where people are proud of their university and proud to be Vikings. Of all of the leadership positions available, I see the VP Student Life as the best one to achieve my goals. What are the key issues you wish to address as an ASA executive?

I hope to host spectacular bashes and new events with record participation. I want to change the way students relate with the organization. Right now, people don't see how they fit into the ASA aside from attending events. I want students

to feel like they are a part of the ASA. What do you think of the fact that only 7 candidates are running for 16 available positions?

I think that it reflects that students do not feel a part of the association and they do not see the benefits of serving on council, which I want to address as an executive member.

Ivy Njoroge  
VP Finance



Why did you decide to run for VP Finance?

I decided to run for the VP Finance position because I believe that this position will provide a platform in which I can be able to address some of the issues that students face. And in doing so, I could hopefully leave the campus in a better state in terms of the student experience here at Augustana. What are the key issues you wish to address as an ASA executive?

One of the main things that I hope to accomplish, is to continue in the ongoing efforts to open an alternative food source on campus (the grill). The key issue I wish to address is that of the interaction between member of the Augustana Students' council and the rest of the student body especially because they are the people that we represent and the only way we can ensure that we achieve what is in the best interest of the students, is by having better interactions with the students.

What do you think of the fact that only 7 candidates are running for 16 available positions?

As for the remaining nine positions on council I would like to urge students to come forward and run for these positions in the fall elections.

Alyssa Belanger  
VP Comm.



Why did you decide to run for VP Communications?

I decided to run in part because of the fact that I was on the Awareness committee (which is chaired by the VP Comm) and of all the executive positions knew that one's requirements the best. I also was influenced by some current council members who thought I'd be a good fit. What are the key issues you wish to address as an ASA executive?

Some of the key things I want to get done next academic year are: Increase advertising and coordination between campus groups such as ReLife, the ASA, clubs, Students Services, the Alumni Office, etc. Revamp the campus newsletter to include submission dates for 'big events' to avoid double bookings and confusion. Create bi-weekly ASA newsletter and change the format of the executive blog, and the ASA Echo to be more user friendly and readable. Ensure all areas of campus are represented and acknowledged in news and media. This includes: Welcome/Orientation week scheduling, Wellness week, and other cross campus events. Increase ASA presence on campus and in Camrose community, especially upstairs in the Forum. Increase ASA branding: shirts, water bottles, etc. Use Camrose and campus newspapers to promote student interests. Finally, in the event that a federal election occurs in the fall booking a candidates forum, hosting "Get

Out The Vote" campaign, making sure students know how, when, and where to vote. What do you think of the fact that only 7 candidates are running for 16 available positions?

It's not unusual for there to be many vacant positions in the spring elections for the ASA, which is why we also have the fall election. We wouldn't appoint anyone to the positions until after the fall election, so the chance of appointment isn't all that great right now.

Jacob Rohloff  
Off Campus  
Representative



Why did you decide to run for Off campus Representative?

There seems to be an unspoken favourability from administration and the campus atmosphere to students that live in Residence at Augustana, especially due to the first year residence requirement. I have been told numerous times that off campus students feel left out, or out of the loop with events in and around Campus. I want to continue to close the gap between off campus students and Augustana, and reinforce the tight knit community that Camrose is. I also feel that issues that bother students daily, especially inadequate parking in the past year would have been swept under the rug.

What do you hope to accomplish by being on council?

My main goal is to close the gap between the off campus community, and the campus itself. I hope to attain this goal by increasing the effective uses of the ASA's various social media platforms, as well as conventional methods to increase awareness about all events on Campus. I want to ensure that events such as Off Campus Supper and Wellness Week(s) continue to the fullest, as these events positively impact students. Additionally, I hope to create an event and make available student-friendly information about the do's and don'ts regarding renting, roommates, landlords and other confusing and cumbersome processes of renting/living off campus.

Additionally, I hope to create an event that will be informative to the student body about the do's and do not's of renting, having roommates, dealing with landlords, and other confusing and cumbersome processes of living off campus. What do you think of the fact that only 7 candidates are running for 16 available positions?

The Student's Association has tackled an immense amount of obstacles with an astonishing amount of hard work and dedication by the various council members this year. I think the smaller number is due to a handful of incredibly dedicated individuals are moving on to chase other opportunities. However, I am a little disappointed with the lack of candidates. I think that there are two possible explanations for this. I believe that apathy is becoming a growing societal problem, namely with extremely low rates of young voters in democratic processes. Though a few conversations, students feel that they are not able to make a difference, and are not able to afford time away from their studies for other roles. However, I do believe that information about the various ASA positions have been poorly communicated, as their descriptions may not fully indicate the expectations of the positions and what they entail.

It is not until someone picks up a nomination package at the office until they fully understand the time commitment and responsibilities of being a council member. This is a problem that the Association absolutely needs to correct for the upcoming years, possibly as part of the governance restructuring that has been in the works.

Fowzia Huda  
International  
Students'  
Representative



Why did you decide to run for International Students' Representatives?

With the increasing number of International Students in Augustana, there is the greater need to make sure that we do everything to help them in their transition. Working with the International co-ordinators for International Week 2015, I enjoyed the sense of community and the chance to celebrate your culture even though you are far from home. As the representative for International students I can share their ideas and perspectives and execute them on a regular basis so that the exchange of culture and experience can persist among the Augustana community. What do you hope to accomplish by being on council?

Being on the council is a matter of responsibility and I hope to accomplish a better communication between the International students and the ASA.

The key issues would definitely be focused on the accommodation for International students over the winter break and other financial aids available for them. What do you think of the fact that only 7 candidates are running for 16 available positions?

It might be because most students were not aware of the election period, and thus the few candidates.

Zarmina Shir  
Councilor at Large



Why did you decide to run for Councilor at Large?

I chose to run for Councilor at Large as I am looking forward to creating more connections between the ASA and the Augustana students. I believe at times students are unaware of the events that the ASA is organizing. Lack of advertisement is the factor that causes limited communication between Augustana's students and the ASA. What do you hope to accomplish by being on council?

As Councilor at Large I am looking forward to enforcing some of the ideas that were presented from the previous Councilor at Large (Ashley Tsang). I strongly believe that having to vote according to your year status is absolutely unfair and is a disadvantage to the people that are running. Another issue I would like to address is creating more institutionalized help for people dealing with depression orientation problems. What do you think of the fact that only 7 candidates are running for 16 available positions?

Even though there are only 7 candidates for 16 openings, I am willing to put in my very best effort, commitment and dedication to fulfill the required ASA duties. With a positive attitude everything is possible.

## Election Results - By Mikaila Perrino



## Interview with Hans Asfeldt

CONTINUED from P1

avenues for making my position public; unilateral communications were a last resort - first with faculty as an email regarding other matters was already planned, but especially with students, except that Council's reaction interrupted those plans. Ultimately, I was not prepared to bite the bullet simply because others were unable to recognize potentially serious ramifications. On Feb. 11, the Daglegate reported regarding Formal that, "this is a question of whether the ASA should simply support the wishes of the majority or if the advocacy of small groups and individuals should be acted on over the majority." You openly disagree with this statement. How come?

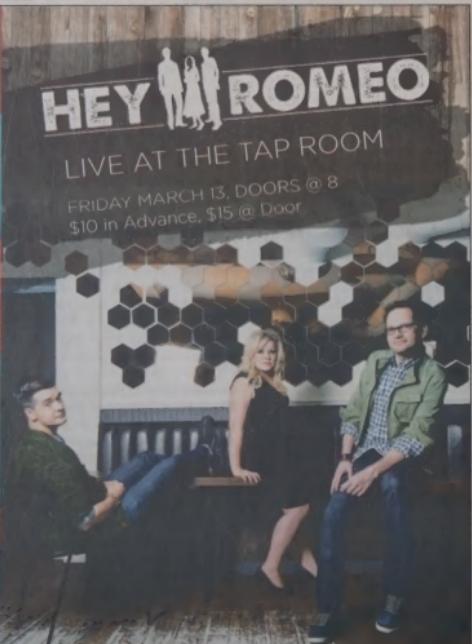
It is a misguided assumption that the majority of students wanted burlesque dancers. We know that some were supportive, some were opposed (including many who attended Formal), and others were uninformed, indifferent, or for various reasons unable to make their voices heard. What are your thoughts about the role the ASA plays at Augustana?

The ASA serves the best interests of the student body as a whole. A majority may have voted me in as student president, but thereafter, the demands of the many are no more relevant than those of the few. The duty of an elected representative is to discern the best interests of the student body in all of its complexity and ensure that no group, however small, is exploited or oppressed. The ASA is also responsible for its role in a dominant culture that must be challenged at every opportunity. My discernment led me to conclude that hiring burlesque

dancers diverged from these principles. How do you feel about the future of the ASA?

I have full confidence in my colleagues at the office and I believe the ASA will continue to be the strongest driver of change at Augustana. I'll be blunt: I have much less confidence in the students and faculty who have dismissed the organization out of their own self-righteousness and who have failed to assume responsibility themselves. To students, I say run for office and make Augustana the place you want it to be! And to faculty? Education on the whole has cheated us of the capacities that are necessary to navigate issues as complex and real as these. As I have pushed for from the beginning - it is essential that you make every effort to engage meaningful dialogue amongst students. This is the only way that education will redeem itself. What's next for you moving forward?

In many ways, little has changed. I've surrendered my title, but I continue to support my brothers and sisters on Council and my desire to transform education has in no way subsided. Indeed, I hope students recognize that they don't need a title to make things happen. If you felt uncomfortable in this affair because it seemed that your "morality was challenged", this is an excellent opportunity to discover that you too have a voice. Burlesque aside, each of us is needed somewhere in the world in the fullness of our capacities. I invite you to dream, as I continue to do. The world is in our hands and it will be what we make of it, no more and no less.



# SPORTS



Good defense from the Vikings was key late in the third period as the Vikings clung to a 5-4 lead over the #1 ranked NAIT team. Netminder Andy Williams got it done for the Vikings with 31 saves and the Vikings came out with the win on Feb. 19.



#5 Amanda Stonhouse passes to #11 Torrey Lauber during the Vikings' game against Lakeland College Feb. 14. The Vikings lost 50-71.



#21 Jamin Lockert takes a shot in the Feb. 14 Vikings game against Lakeland College. The Vikings lost 66-71.

Photo: JUDY DALY

Photo: SAIP HOSSAIN

## Pride Week Returns to Augustana Next Week

Submitted by PAIGE SWITZER

This year's Alberta Pride Week is jam-packed! Spear-headed by the Augustana Queens and Allies (AQUA), the week contains a number of events in conjunction with many other community organizations and campus services. Pride Week 2015 will start off with a Pride oriented church service at the Camrose United Church on Sunday March 1 at 10AM.

Monday March 2 at 10AM in the forum, AQUA will be launching The Harbour and kicking off Pride! The Harbour will be a permanent space in the forum full of resources for LGBTQ+ individuals, information for Allies, a Pride event schedule, and much more! Free hot beverages will be available at The Harbour all week long.

Tuesday March 3 starting at 12PM there will be a bake sale for all those with a sweet tooth! Also during the bake sale, come see if you are "Smarter than the Sex Lady" with sexual health consultant, Tracey Burnett. Tuesday evening after soup supper, stick around for a chat about Faith and Pride with Pastor Craig and United Church Minister, Liz Carter-Morgan.

Wednesday March 4 a Pink Shirt Day in Solidarity Against Bullying! So wear a pink shirt or buy one from the Augustana bookstore. That evening, at 6:30 in the Roger Epp Room, come join guest speaker Brenda from Edmonton's Travelling Tickle Trunk in learning about what healthy sex means and how to use play to discover who you are as a sexual person.

Thursday March 5 is the annual Rainbow Photo at The Harbour (Fo-

rum)! Wear the color of your year! Red = 4<sup>th</sup> Year+, orange or yellow = 3<sup>rd</sup> year, green = 2<sup>nd</sup> year, blue = 1<sup>st</sup> year, purple = faculty and staff. Thursday evening there will be a movie screening of the recently created film, "PRIDE" in C167.

"Get all of the details by going to "Augustana Pride Week" on Facebook."

Last day of Pride! Friday March 6 at 12PM, come to the Chapel to hear Spencer Kryzanski present a collection of LGBTQ+ and queer-inspired works for piano solo, duet and voice for his graduating chamber music recital. Then, at 8PM, before Pride sashays away, come party the house down at The Rusty Spur Bar & Grill. A Night with HOMO-CIDAL: Pride Week Wrap Up Party!! Three fabulous queens, Lilith Fair, Chelsea Horrendous, and Gogo Fetch, will be joining us from Edmonton to perform and help us celebrate the success of Pride Week! Toonie tickets for admission will be for sale at The Rusty Spur, The Harbour (in the Forum) and at the door while supplies last.

It's gonna be a freakin party here at Augustana! Get all of the details by going to "Augustana Pride Week" on Facebook. (Don't forget to Like it so you don't miss any of the amazing upcoming events!)

## Home Games

- February 26-28 -

**Men's Volleyball**  
**ACAC Championships**  
Vikings vs. Lakeland  
Thursday, Feb. 26  
1 p.m., 3 p.m., 6 p.m., 8 p.m.  
Friday, Feb. 27  
1 p.m., 3 p.m.  
Saturday, Feb. 28  
2 p.m., 5 p.m., 7:30 p.m.  
Augustana Gym

- February 28 -

**Biathlon**  
Ole's Sloppy Relay  
Camrose Biathlon Range

- March 1 -

**Basketball**  
Vikings vs. Kings  
W: 1 p.m. M: 3 p.m.  
Augustana Gym

### Biathlon

Ole's Sloppy Relay  
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BOX OFFICE HOURS: TUES. - FRI. 10am - 1pm / 2pm - 4pmBUY TICKETS ONLINE 24/7 [www.camroselive.ca](http://www.camroselive.ca)**Faculty Profile: Amy Guerber**

By KAITLYN BAIER

Amy Guerber was hired as a professor of management at Augustana beginning in the Fall 2014 semester. I caught up with her on Feb. 10 to learn about her life, her likes and her experience of Augustana so far.

Guerber was born and raised in Arkansas, which explains the slight accent with which she speaks. As a child, she loved to explore and would often get herself lost just to see if she could find her way home again. Independent even in her youth, she preferred to embark on these adventures on her own, despite her younger sister's desire to follow her everywhere. Having grown up with a younger sister myself, I could certainly relate to wanting a little time away from a sibling shadow.

Guerber's parents both worked in science, but when it came time for her to choose a program for university, she focused on the humanities. Like many of us, she worked her way through more than one program before eventually settling on Business. Opting for more life experience and less studying, Guerber spent some

time away from school during her undergrad to work in retail and look after her son. Eventually, her interest in Business Law and her old dreams of working as a mediator in business conflicts brought her back to the University of Arkansas to complete her degree. She considered going into Law, but knowing that lawyers tend to spend time unemployed before establishing themselves in a firm, she let her professors convince her to pursue a doctorate. She now researches how corporations handle ethical concerns, focusing on how they communicate with the public and how the public relates to corporations after issues are addressed is affected by the way the company communicates.

Her first teaching experience was at the University of Arkansas, a school of about 25,000 students. Smaller than the University of Alberta but considerably larger than Augustana, she taught one course and co-taught another. Just prior to coming to Augustana, she worked as a visiting professor in Tulsa at a campus of 4000 students, which served as a convenient transition

**No U of A Crest on Graduation Rings**

By IAN ANDERSON

Over the last week, soon-to-be grads have received phone calls from Jostens, the grad ring company, informing them that the University of Alberta crest is no longer an option on the side of their ring.

After contacting Jostens, they informed the Daggitale that the service change was due to a recent decision made by the U of A Marketing Department, where the U of A crest needed to be accompanied by the words, "University of Alberta" in order to meet the marketing usage policies. Due to the size and layout, placing the text and logo on the side of the ring was not possible, and therefore Jostens had to change its service offering.

Several soon-to-be grads have expressed their discontent about the change, and are planning to cancel their rings. A graduating student stating, "... [it] isn't worth having a grad ring unless you can identify what school you went to." The Daggitale's understanding of the grad ring layout is that "University of Alberta" is to appear around the gem on top of the ring, unless the buyer opts for custom words, and no other visual reference to the U of A will be possible on the ring.

Jostens has been providing rings to the U of A for many years, and only now is it

an issue for the Marketing Department. So was this an intentional outcome, or an oversight by the department, and why now? The Daggitale reached out to the U of A Marketing Department where we were informed that no representative from the U of A was available for comment at this time. Jostens has spoken to the U of A about the issue, but no exception has been made.

"Several soon-to-be grads have expressed their discontent about the change."

The real question is why chance the policy now. Many students wonder if it really matter if the U of A crest is used on its own since the ring can say University of Alberta on the top, and why the Marketing Department see this as such an issue. Some even question why it's worth having a crest at all if you can't recognize it without the name beside it.

Currently the ASA is looking for solutions to appease graduating students. However, it would be advisable for the Marketing Department to avoid annoying future Alumni, and future potentially donors, over such a trivial issue.

**The Student Academic Conference**

By EMILY MCILROY

The Student Academic Conference is an opportunity for students to showcase their research to staff, community members, and fellow students. The conference is a chance to learn about some of the interesting research being performed at the school, to appreciate the hard work students put into their research, and for the students to share and get feedback.

Augustana is unique in its offerings for undergraduate students to do independent research; this gives them a jump-start on professional development and allows them to be immersed in something they are truly passionate about.

Many students are engaged in directed readings or studies in which they work on a research project with a professor at Augustana. The students who choose to do a directed reading work on a topic they consider to

be valuable, making the work more enjoyable and thus producing incredible results.

These projects will be shared at the Student Academic Conference on Monday, April 13. Along with the directed reading projects, CSL students are encouraged to present on their experiences participating in engaging community-based projects. The community service learning projects are often off-campus initiatives with partner organizations, such as local schools, but are also conducted within the Augustana community, such as the campus waste sort.

Registration for those wishing to present at the conference ends March 2 and can be done through the Augustana website. Presentations can be done in many different forms; for example, past presenters have done poster papers, formal presentations, and musical performances.

for her between Arkansas and Augustana.

The position Augustana was looking to fill in the Management department was related to the ethics of business, so Guerber's research made her a good fit. She moved to Camrose with her son in order to accept the position. She was drawn to the sense of community on campus and within the broader Camrose community.

**"[Amy] now researches how corporations handle ethical concerns."**

So far, Guerber has enjoyed working with students and is impressed by the energy with which student-led initiatives are carried out at Augustana. Something unique that small campuses such as Augustana offer professors is the chance to teach the same students in several courses, and Guerber has really enjoyed the opportunities to watch her students develop as learners and businesspeople.

Next year, Guerber is excited to take on round two of the classes she taught for the first time this year, find out what this year's graduating students get up to, and see Founder's Hall be completed.

In her free time, Guerber likes to read sci-fi and historical fiction, watch the occasional movie, and hike (although she prefers summer for outdoor activities). She also enjoys traveling to new places and learning to navigate different spaces. Once a skilled hacky-sacker, Guerber still believes herself to be a master of the hacky sack.

Guerber takes joy in her relationships and will always smile upon seeing a friendly face. She also delights in shooting stars and melting snow. Sadly, I think it will be quite a few weeks before she can welcome spring back to Alberta.

A couple people Guerber admires are Jim Henson, creator of The Muppets; and her doctoral supervisor, Vikas Anand, who can improve upon whatever program or committee he becomes a part of.

If Amy Guerber happens to be a person you admire, I suggest letting her know!





Photo: SAIF EHSAN

"Outside the Wall" recreates the sounds of Pink Floyd at the Lougheed Centre Feb. 13.

## Mental Health Issues Prevalent at the U of A

By CAMERON RAYNOR

A recent study of University of Alberta students found that 87.5% of students reported feeling overwhelmed by all they had to do, 87% reported feeling exhausted, 61% reported feeling lonely, and 65% reported feeling sad. These frighteningly high results reflect the prevalence of mental health issues among students and the need to address mental health problems faced by students.

Mental illness is much more common than many of us believe. According to the Canadian Institute of Health Research, 1 in 5 Canadians experiences a form of mental illness at some point in their lives. Mental illness is a serious disturbance in thoughts, feelings and perceptions that are severe enough to affect day-to-day functioning.

Mental illness is often treatable, but many don't seek treatment. According to the Mood Disorders Society of Canada, 80% of people with depression respond well to treatment, but only 10% will seek it out.

Despite the high rates of mental health problems among students, it's still important to seek help if mental health problems occur. Many symptoms may be ignored, or dismissed as a normal part of student life. Wearing these stresses as a "badge of honour" can have serious impacts on mental health.

Taking time to look after one's self is important for long-term mental health. Tak-

ing time to exercise, get enough sleep, de-stress, eat nutritious foods, and relax both alone and with friends, are all important aspects of avoiding mental health problems.

Taking time for health care not only helps the person undertaking the self-care, it also helps the mental health of those around them. Taking time for self-care creates an environment in which self-care is acceptable and helps counterbalance the culture of stress and normalized mental

87.5% of students reported feeling overwhelmed, 87% exhausted, 61% lonely, and 65% sad.

health problems among students. Cutting our sleep, or another important aspect of a healthy mental wellbeing, creates an expectation for others to do the same.

If you're struggling with your mental health, don't go it alone. A lot of students are dealing with these issues, and there are resources available to help you. Augustana Campus has an on campus personal counselling centre located in L1-300 at the far East end of the lower floor of the Faith and Life Centre, past the Music practice rooms.

## Let's Talk About Consent - Part 2

By HOLLY YURKOSKI

Consent is often presented as a necessary part of sexual encounters to prevent rape. However, it's not all about toeing the line; when done right, consent can actually make sex better. This is called enthusiastic consent. No matter what equipment you're packing, your body has some control over the sexual experience. By receiving consent, your pleasure will increase because your partner wants it to increase. Just like you want them to enjoy sex, they want you to enjoy it as well.

Enthusiastic consent is also, according to several reliable sources, super damn sexy. Like you're going to need to call the fire department it's so hot. Having someone visibly and verbally enjoy sex increases your own pleasure simply because you see that enjoyment. You read those smoldering eyes and delicious moans as positives that you're doing it right. I don't know about you, but to me being right is a wonderful feeling. While you're not going to get off in class because you got one hundred percent, you can't deny it makes you feel good. So aim to please your partner, aim to do it right, and you will be rewarded with vigor.

Clear consent also helps irradiate doubts and worry from your partner(s);

so if you have no regret, makes sure you express it to them. Communication goes both ways after all, and it never hurts to reassure them that you really are enjoying what they're doing. Some of us still have trouble telling our left hand from our right, and if you throw the philosophy of the human mind at us, we will probably fail spectacularly. Keep to your guns, but only fire them when you need to.

Keeping up with the times, giving clear consent is paramount to participating in sex of all kinds. Not just the normal, but the fantasy, the bizarre, the odd, and the kinky. If you are really prepared to go to the sexy and suave dark side of loving, let your partner know. Talk it out, make the most mature genitalia jokes you can, and come to an agreement. When you find something that you love and that you're passionate about, don't hide it! Express it to your partner(s), let them know what you like and don't like about it. That way the next encounter will be all the more pleasurable.

Sex is all about participation in a collaborative act and, when you think about it, the more gung ho you bring, the more fun you have. Try out new things, master the old, and enjoy it. Remember to be safe, set your boundaries, and use protection!

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